



جامعة الإمام عبد الرحمن بن فيصل
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Baby Weaning



Breastfeeding the baby:

Breastfeed the baby alone from the age of 4 months at least until the age of 6 months if possible. Breast milk carries all the nutritional components which the child needs for healthy growth, as well as anti-infection components, which provide the baby with protection against infectious diseases.



When do I give my child complementary food?

Giving the infant complementary food at the age of 4 months to 6 months only in the following cases:

- If the child does not gain weight normally, despite breastfeeding in a correct way.

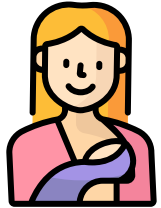


- If the child feels hungry after feeding despite getting frequent breastfeeding.
- If the child continues to breastfeed until the age of two years or more.



When do I give my child complementary food?

- When the baby starts to use complementary foods, continue breastfeeding him as many times as he used to, while maintaining the length of time for each breastfeeding process as before.



What are the most important points in the complementary food that I give to my child?

1. It contains a rich amount of energy and essential nutritional components of vitamins and minerals.
2. Safe and clean food.
3. Be easy to prepare and be part of the family's food
4. Easy to buy and get.

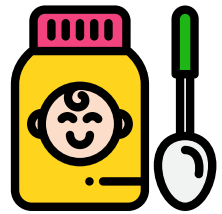


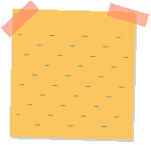
How often do I give my child the complementary food?

You should feed your baby 3 times a day. If your baby is breastfeeding between the ages of 6 months and 7 months, increase the number gradually to 5 times a day at the age of one year.



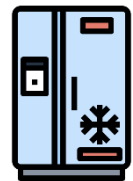
In the beginning, the amount should be as the size of teaspoons, then gradually increase it and vary the food for the child.





Advices:

- Encourage your child to eat a meal and between meals.
- Make sure the containers in which you feed your baby are clean.
- You should feed the baby with a spoon or a cup and don't use a bottle.
- Baby's food can be stored outside the refrigerator for only two hours since it was prepared, and food should be consumed within these two hours.



What should I do if my child gets sick?

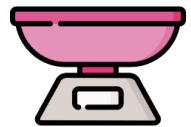
- When the child gets sick after an infection, you should breastfeed the child more times than usual and increase the number of meals.



- After recovery, encourage him/ her to eat as much as possible and continue encouraging him/ her until weight is regained, if it has been lost, to grow normally.



- Follow the curve of your child's weight growth, as it is a key indicator of your knowledge of whether your child is in good health and whether the amount of food is sufficient.



Sources and References:

All pictures used from Flaticon.com & Freepik.com

:Review and Audit

The content of this booklet has been reviewed by
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Health Awareness Unit

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